

MOVE!

CHANGE YOUR THINKING **ABOUT FOOD, EXERCISE, AND YOURSELF!**



What you think drives what you do. And you can change what you think!! As you get involved with losing weight your thinking will change naturally. However, making an effort to change the way you think about eating, about exercise, and most importantly, about yourself, gives you a real head start. Here are some tips:

- Make a strong decision to GET SERIOUS!
- Make your weight and fitness program one of your TOP PRIORITIES so that you can arrange to do what you need to do.
- Realize that weight is a matter of **INTAKE versus OUTPUT** and that both are subject to change. YOU HAVE CONTROL of these.
- Realize that eating and other lifestyle behaviors have been LEARNED, therefore, they can be UNLEARNED or CHANGED.
- Use POSITIVE THINKING in looking at your program as a major self-improvement project, rather than something unpleasant.
- Think about **YOURSELF** as being **WORTH THE EFFORT!** Tell yourself good things about you. Love yourself...
- Think MODERATION.....
- Think about EXERCISE and physical fitness as increasing your **ENERGY, VITALITY, and WELL BEING.**
- Try to think of **HIGH CALORIE, UNHEALTHY FOODS AS BAD.**
- Realize that overeating and inactivity must be **MANAGED CONTINUOUSLY** to preserve your healthy thinking.
- Expect to make PERMANENT LIFELONG CHANGES in your way of thinking.